



# ELDER LIVING

Seneca Nation Area Office for the Aging



*Alzheimer's Community Forums held in January.*

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## Director's Update

Nya:wëh Sgë:nö'

The pool/billiards groups from Allegany and Cattaraugus have been getting together for some friendly competition, alternating games between territories. This monthly gathering has quickly become a favorite of our Elders and staff. If you are interested in playing pool, stop by our Elder Centers.

In January, AOA hosted Alzheimer's Community Forums on each territory. Both events were well attended and community input that was gathered will be used to plan more Alzheimer's programs at AOA in the future. Hands-only CPR classes were held at both Centers, where Elders had the opportunity to learn this life-saving technique from Seneca EMS.

Don't forget to stop by our Elder Centers to pick up blizzard boxes, containing shelf-stable food for emergencies, and at-home COVID tests.

Ėsgögë' ae' - I'll see you again.

Bethany Lay

# FREE In-Person Legal Assistance @ AOA

With Thomas Warren,  
Center for Elder Law &  
Justice

**February 24th**

**\*\*Appointments required\*\***

To make an appointment:

- Call Tina Law in Catt.  
at (716)532-5777
- Call Bridgette John in  
Allegany at (716)945-8414



## Allegany Elders Center Hours

MON-FRI  
8:30AM-7PM  
SAT-SUN  
10:30AM-7PM



## Wini Kettle Senior Center Hours

MON-FRI  
8AM-7PM  
SAT-SUN  
10:30-7PM

## Congregate Dining at AOA

### 44 Seneca Senior Center

**Weekdays** from 12 – 1 pm.

Please call for reservations by  
3pm the day prior: 716-945-8414.

### Wini Kettle Senior Center

**Weekdays** from 12 – 1 pm.

Please call for reservations by 3pm  
the day prior: 716-532-5777.

### Seneca Allegany Elders Center

**Tuesdays and Thursdays**

from 12 – 1 pm.

Please call for reservations by 3pm  
the day prior: 716-945-8414.



# HOME DELIVERED MEALS



## Are you, or someone you know, unable to take care of meal preparation?

The Seneca Nation AOA can provide home-delivered, nutritious meals to eligible, on-territory Elders up to five days a week. Home delivered meals can help Elders stay independent in their own homes and receive well-balanced nutrition.

### Eligibility requirements

Elders age 60 and over who reside on-territory are eligible if they are:

- homebound and incapacitated due to accident, illness or frailty, lack of support from family and friends; and
- are unable to prepare meals because of lack of facilities, inability to shop and cook for self, inability to safely prepare meals.

There is no charge for meals but each person is given a chance to make a suggested voluntary contribution for meals.

*Without this service, "My life would be lonesome and boring. Our driver is so nice. My children live out of town ... I'm glad I have AOA, the people who work there are great."*

Elder response to HDM Survey



To find out if you are eligible for Home Delivered Meals, please call AOA Case Managers:

### Allegany AOA

Teresa Redeye  
(716) 945-8414

### Cattaraugus Territory

Shantel Burning  
(716) 532-5777





# Blizzard Boxes- available NOW!

Blizzard boxes are now available at AOA on both territories. They contain a three-day supply of food for use when regular AOA meals and deliveries are canceled due to weather.

Elders age 60 and up can stop by Cattaraugus or Allegany AOA to pick up a Blizzard Box anytime after January 19th. All home delivered meal recipients will have a box delivered to them. **Supplies are limited and first come, first serve.**



## Free At-Home COVID Tests

Free COVID tests are available to Elders and their caregivers at AOA on both territories. Stop by our Elder Centers to pick up FREE COVID tests.

You can also sign-up online to have COVID tests mailed to your house by visiting:

[www.covid.gov/tests](https://www.covid.gov/tests)

Every U.S. household is eligible to order 4 free at-home COVID-19 tests.

Need help placing an order for your at-home tests?

Call 1-800-232-0233







# Lifelike, Robotic Companion Pets Available Through AOA



Joy for All Companion Pets are life-like interactive pets created to bring companionship, happiness and fun to your aging loved ones. These life-like, motion-sensor-enabled plush pets are furry, friendly, low-maintenance companions that look, feel and sound like real Cats and Pups. A limited number of Joy For All pets are available to home-bound or isolated elders, through Seneca Nation AOA.

To find out if you are eligible for a companion pet, please call AOA Case Managers:

- Allegany AOA Teresa Redeye (716) 945-8414
- Cattaraugus Territory Shantel Burning (716) 532-5777

## Allegany and Cattaraugus Pool Groups



## Hands-Only CPR Classes at AOA



# Upcoming Seneca Elder Events



**BUFFALO BANDITS**- Saturday, Feb. 4th 7:30 pm Keybank Center

*\*Transportation available*

**Lonestar**- Saturday, Feb. 11th 8 p.m. Seneca Allegany

**Comedian Jo Koy & Friends**- Sunday, Feb. 19th 7:30 p.m. Seneca Niagara

**Comedian Jay Leno**- Saturday, March 18th 7 p.m. Seneca Allegany

**Legacy Fighting Alliance MMA**- Friday, March 24th 7 p.m. Seneca Niagara

**TESLA-TIME TO ROCK**- Saturday, April 15th at 8 p.m. Seneca Niagara

**Comedian Jeff Foxworthy**- Saturday, April 22nd Seneca Allegany

**Travis Tritt**- Saturday, May 20th 8 p.m. Seneca Allegany Event Center

**Comedian Ken Jeong**- Saturday, Sept.16th 8 p.m. Seneca Niagara

*\*\*\*DATE CHANGE\*\*\**

Sign-up sheets for shows will be available 1 MONTH prior to the event.

Numbers are turned in to the Casino 1 week prior, if you have a change in plans please cancel before then. Be sure you will be attending when you sign-up as there has been an increase of last-minute cancellations, resulting in a waste of Elder entertainment funds. Nya:weh!

**gönóöhgwa'**

I love you.

**kegëhjijh**

My wife  
(my old lady)

**hegëhjijh**

My husband  
(my old man)



## **FEBRUARY 18TH IS NATIONAL CAREGIVER DAY**

For more information on  
Caregiver Resources and  
Powerful Tools for Caregivers  
classes, please contact AOA  
Options Counselor, Briana  
Snyder at (716) 945-8991.



# Elder Center Activities

## Wini Kettle Senior Center Activities

Pot Luck & BINGO: EVERY MONDAY@ 5pm.

Mens Pool: EVERY MONDAY @ 9am.

Card Club: EVERY TUESDAY & FRIDAY @ 10am.

Exercise Class: EVERY WEDNESDAY from 1:30pm.

Pool League: Mon. 2/6 & 2/23 @ 1pm.

Shuffleboard: Tues. 2/7 & 2/28 @ 1pm.

Allegany vs. Catt Pool: Thurs. 2/9 @1pm.

Souper Bowl Party: Sun. 2/12 @ 2pm. (Bring Soup!)

Prize BINGO: Thurs. 2/16 @1pm.

Women's Pool Tournament: Tues. 2/21 @ 1pm.

Quarter BINGO: Thurs. 2/23 @ 1pm.

Seasonal Craft: Fri. 2/17 & 2/24 @1pm.

For more information, call Raven or Bruce at (716)532-5777.



## Allegany Elders Center Activities

Qigong w/ Andrea Spako: EVERY Monday, 11am-noon.

Movie Night: Every Monday @ 4pm.

Card Making Class: Every Wednesday, 11am-1pm

BINGO: EVERY Thursday @1pm

Seneca Language: Every Friday, 11am-12pm

Valentine Wreath: Wed. 2/1 & Tues. 2/7, 2-4pm.

Cornhusk Doll Class w/ Penny Minner: Fri. 2/3 & 2/10, 2-4pm.

Super Bowl Party: Sunday, 2/12 Time TBA

Leather Key Ring: Fri. 2/17, 2-4pm.

Paint Night w/ Lyle Logan: Tues. 2/21, 2-4pm.

"Beef Stew" Pot Luck: Fri. 2/24, 2-4pm.

For more information call Stephanie & Dorsie at (716) 945-8990.



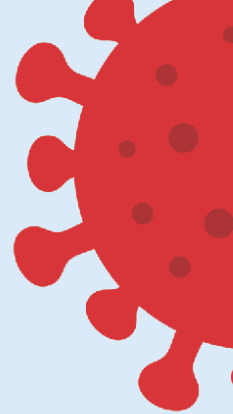
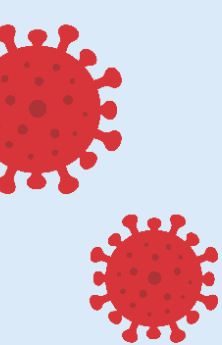
## Paint Night 2/21



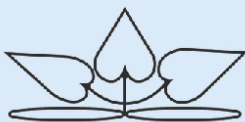
## Cornhusk Class 2/3 & 2/10







SENECA NATION



HEALTH SYSTEM

# COVID-19 VACCINE CLINICS

**\*BY APPOINTMENT ONLY - OPEN ELIGIBILITY FOR SNHS PATIENTS,  
ALL SENECA NATION EMPLOYEES, AND LOCAL COMMUNITY MEMBERS**

COVID-19 vaccination guidance depends on age, overall health (immunocompromised), as well as timing of previous vaccinations. Consult with your healthcare provider or call the contacts below to discuss vaccinations.



**Community Health & Wellness Center - Grandroom**  
**call Kim Bradley at 716-532-5582**

**Lionel R. John Health Center - Grandroom**  
**call Teri Cowles at 716-945-5894**



Every year more than 600,000 Americans die from heart disease. The number one cause of deaths for most groups, heart disease affects all ages, genders, and ethnicities. Risk factors include high cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol use.

## **Do you know how to keep your heart healthy?**

You can take an active role in reducing your risk for heart disease by eating a healthy diet, exercising, and managing your cholesterol and blood pressure. This is a great chance to start some heart-healthy habits!

## **Healthy Habits: Try an Exercise Class at AOA!**

Andrea Spako from Seneca Health will be teaching exercise classes at Allegany and Cattaraugus AOA Elder Centers in the month of February.

These classes are low-impact and geared toward Elders.

Stop by to try a class. They are free and open to all Elders age 60 and up.

### **EXERCISE BINGO @ CATTARAUGUS AOA**

Every Wednesday in February  
from 1:30pm-2:15pm.



Join us as we get fit while playing our favorite game, Bingo! Not only will you have the chance to win fun prizes, you will gain good health. This class will be held every Wednesday from 1:30pm-2:15pm for the month of February.

Dress comfortably. Walk-ins welcome!

Contact Raven Lay at 716-532-5777 for more info.



### **QIGONG CLASSES @ ALLEGANY AOA**

Every Monday in February  
from 11:00-11:45am

Join us in this introductory class on the ancient Chinese system of coordinated physical postures, movement, breathing techniques and meditation designed to promote health, spirituality, and physical fitness. Designed for all fitness levels. Dress comfortably. Walk-ins are welcome! Contact Stephanie John at 716-945-8414 for further questions.

# Valentine's Day



## Word Search



K	S	Q	S	J	I	V	R	T	D	S	R	Q	G	K
R	Q	Q	T	D	M	A	B	X	U	F	N	Q	J	J
K	G	D	A	S	N	L	Y	E	U	S	F	S	N	S
S	V	E	E	M	B	E	R	I	G	C	E	V	O	L
Q	W	Q	R	Q	Q	N	I	A	W	R	A	O	C	G
T	Z	E	T	G	R	T	Z	R	E	Y	I	N	Q	T
D	Q	I	E	E	O	I	K	Z	F	D	R	E	D	J
H	O	B	N	T	P	N	W	N	O	E	F	T	G	Y
X	U	T	H	C	H	E	H	V	X	E	A	L	A	T
N	A	G	B	P	R	E	E	Y	B	M	T	C	B	H
F	O	M	G	T	U	S	A	R	L	R	K	U	T	Q
I	M	T	M	Q	S	K	U	R	A	U	N	P	E	H
C	A	R	D	S	K	A	A	E	T	W	I	I	G	U
M	C	D	I	R	R	M	H	H	X	E	P	D	P	N
W	Q	K	L	Y	S	R	E	W	O	L	F	J	O	J

CANDY  
CARDS  
CUPID  
DEAR  
DOVES  
FEBRUARY  
FLOWERS  
FRIENDS  
HEART

TREATS  
VALENTINE  
SWEETHEART  
RED  
LOVE  
KISS  
PINK  
HUG



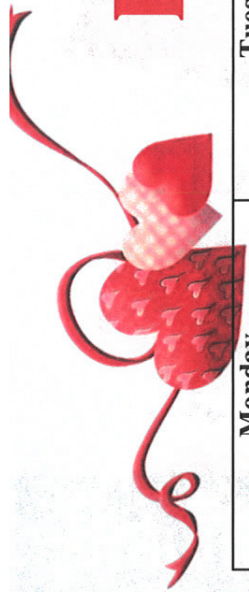


# FEBRUARY TRIPS 2023



## AOA Bus Trips

Sun	Mon	Tue	Wed	Thu	Fri	Sat
All trips depart: <b>Allegany Elder Center @1:15pm</b> <b>Wini Kettle @ 1pm</b> Unless otherwise noted.	<b><u>PLEASE</u></b> <b><u>SIGN UP BY</u></b> <b><u>9:00AM THE</u></b> <b><u>DAY OF</u></b>		<u>1</u> <b><u>Alleg:</u></b> Big Lots Bradford, PA  <b><u>Catt:</u></b> Walmart	<u>2</u> <b><u>Alleg:</u></b> Sakura Buffet <b><u>DEPART @ 4:15</u></b> Jamestown, NY  <b><u>Catt:</u></b> Riders Choice	<u>3</u> <b><u>Alleg:</u></b> Jo-Ann Fabrics Olean, NY  <b><u>Catt:</u></b> No Trip	<u>4</u> <b><u>Alleg:</u></b> <b><u>BANDITS</u></b> <b><u>GAME</u></b> <b><u>DEPART @ 5PM</u></b>
<u>5</u>	<u>6</u> <b><u>Alleg:</u></b> Cuba One Stop & Cheese Shop Cuba, NY  <b><u>Catt:</u></b> Local shopping	<u>7</u> <b><u>Alleg:</u></b> Lakewood Cinema 8 <b><u>80 for Brady</u></b> <b><u>DEPART @ 3:15</u></b> <b><u>Catt:</u></b> Movies Depart at 12:30	<u>8</u> <b><u>Alleg:</u></b> Tops Randolph, NY  <b><u>Catt:</u></b> Walmart	<u>9</u> <b><u>Alleg:</u></b> Pool Tournament in Cattaraugus <b><u>Depart</u></b> <b><u>@ Noon</u></b> <b><u>Catt:</u></b> Pasquale's <b><u>Depart @ 4pm</u></b>	<u>10</u> <b><u>Alleg:</u></b> Brigiotta's Jamestown, NY  <b><u>Catt:</u></b> No Trip	<u>11</u>
<u>12</u>	<u>13</u> <b><u>Alleg:</u></b> PetSmart Jamestown, NY  <b><u>Catt:</u></b> Hobby Lobby	<u>14</u> <b><u>Alleg:</u></b> Home Depot & KFC  <b><u>Catt:</u></b> Ollies	<u>15</u> <b><u>Alleg:</u></b> Michaels & T.J Maxx  <b><u>Catt:</u></b> Walmart	<u>16</u> <b><u>Alleg:</u></b> Horseshoe Inn Onoville <b><u>DEPART 3:30</u></b>  <b><u>Catt:</u></b> Riders Choice	<u>17</u> <b><u>Alleg:</u></b> Scenic Ride Amish Trail  <b><u>Catt:</u></b> Dennys	
<u>19</u>	<u>20</u> <b><u>Alleg:</u></b> Rider's Choice  <b><u>Catt:</u></b> Riders Choice	<u>21</u> <b><u>Alleg:</u></b> Wegmans Jamestown, NY  <b><u>Catt:</u></b> Gabe's	<u>22</u> <b><u>Alleg:</u></b> Red Lobster <b><u>DEPART @ 3:30</u></b>  <b><u>Catt:</u></b> Walmart	<u>23</u> <b><u>Alleg:</u></b> Walmart & Aldi's Bradford, PA  <b><u>Catt:</u></b> Vidler's	<u>24</u> <b><u>Alleg:</u></b> Scenic Ride Bemus Point  <b><u>Catt:</u></b> Seneca Allegany Casino	
<u>26</u>	<u>27</u> <b><u>Alleg:</u></b> Dunham's Sports Bradford, PA  <b><u>Catt:</u></b> Local Shopping	<u>28</u> <b><u>Alleg:</u></b> Reid's Food Barn  <b><u>Catt:</u></b> Galleria Mall				



Seneca Nation Area Office for the Aging

# February 2023 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>In Allegany please call 716-945-8414 or in Cattaraugus please call 716-532-5777 to make a reservation or cancel a meal by 3:30 pm the day prior to the meal.</b></p> <p><b>6</b> Baked Ham and Cheese Sandwich With Roasted Brussel Sprouts Warm Cinnamon Applesauce Blueberry Bran Muffin</p>	<p><b>7</b> Fish &amp; Sweet Potato Fries Coleslaw Chocolate Cake</p>	<p><b>1</b> Turkey a la King Biscuit Broccoli Ambrosia</p>	<p><b>2</b> Philly Cheese Steak Sandwich Roasted Potato Wedges Green Beans Healthy Carrot Cake</p>	<p><b>3</b> Ranch Chicken Rice Pilaf Roasted Butternut Squash Tropical Fruit Cocktail</p>
<p><b>13</b> Beef &amp; Vegetable Soup Grilled Cheese Sandwich Mandarin Oranges</p>	<p><b>14</b> Chicken and Wild Rice Served with Broccoli and Carrots Apple Slices Peanut Butter Sugar Cookie</p>	<p><b>8</b> Chicken Noodle Soup Dinner Roll Garden Salad Mandarin Oranges Cottage Cheese</p>	<p><b>9</b> <b>TRADITIONAL MEAL</b> Traditional Iroquois Vegetable Soup Frybread Side Salad Pumpkin Bread</p>	<p><b>10</b> Veggie Pizza Garden Salad with Spinach, Broccoli Florets, and Cucumber Cling Peaches with Cottage Cheese Fruited Jell-O</p>
<p><b>20</b> Cheese Ravioli Served with Green Beans Bread Stick Chocolate pudding</p>	<p><b>21</b> Herbed Chicken Creamy Spinach Rice Mixed Vegetables Orange</p>	<p><b>15</b> Macaroni &amp; Cheese With stewed tomatoes Steamed Broccoli Peach Crisp</p>	<p><b>16</b> <b>BIRTHDAY PARTY</b> Boiled Ham Dinner Buttermilk Biscuit Birthday Cake</p>	<p><b>17</b> Salisbury Steak &amp; Gravy over Seasoned Brown Rice Roasted Cauliflower Apple Crumble</p>
<p><b>27</b> Spaghetti &amp; Meat Sauce Garden Salad Bread Stick Fruit Crisp</p>	<p><b>28</b> BBQ Pulled Pork Hearty Wheat Bread Sweet Potato Coleslaw Fruit Cup</p>	<p><b>22</b> <b>BRUNCH</b> Sausage, Egg &amp; Cheese Casserole With Toast and Berry Crisp</p>	<p><b>23</b> Beef Chili w/cheese Garden Salad Fruit Salad Corn Muffin</p>	<p><b>24</b> Cheeseburger with Lettuce, Tomato, &amp; Onion Baked Potato Wedges Fruit Cup</p>
<p><b>*Menu is subject to change*</b> Please enjoy a ½ pint milk served with each meal!</p>				



**February 3<sup>rd</sup> is National Wear Red Day**

“Keep your face always toward the sunshine – and shadows will fall behind you.”

— Walt Whitman